

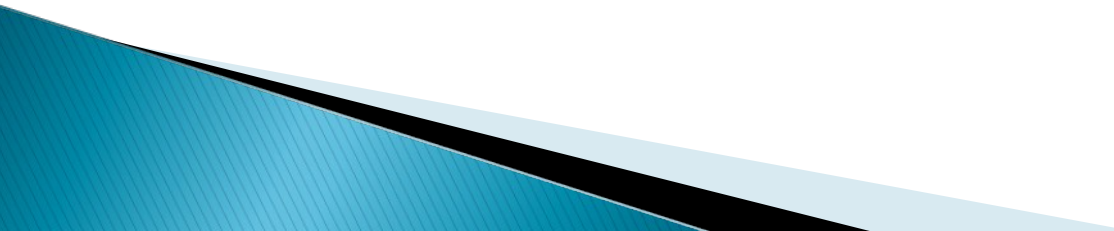
Nutrition Update: DoD Menu Standards & Go for Green™

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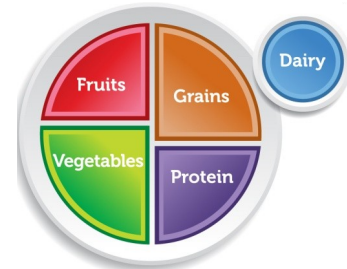


Agenda

- ▶ DoD Menu Standards
 - ▶ Go for Green TM or Services Nutrition Education Programs
 - ▶ Product Selection to Plate
 - ▶ Action Items
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DoD Menu Standards

- ▶ Approved in December 2010 by the JSPB
- ▶ Included in the DOD 1338.10 Manual and Joint Regulation for Nutrition Standards and Education AR 40-25, BUMEDINST 10110.6, and AFI 44-141
- ▶ Practical food and menu guidelines to assist dining and galley facility managers in developing menus that meet recommended nutrient intakes. *(Example: Offer fish at a minimum of 3x/week)*
- ▶ Supports the USDA 2010 Dietary Guidelines
 - Increasing fruits, vegetables, and whole grains
 - Providing for key nutrients: calcium, vitamin D, omega-3 fatty acids
 - Working to eliminate trans fat
 - Reducing daily sodium intake to less than 2300 per day

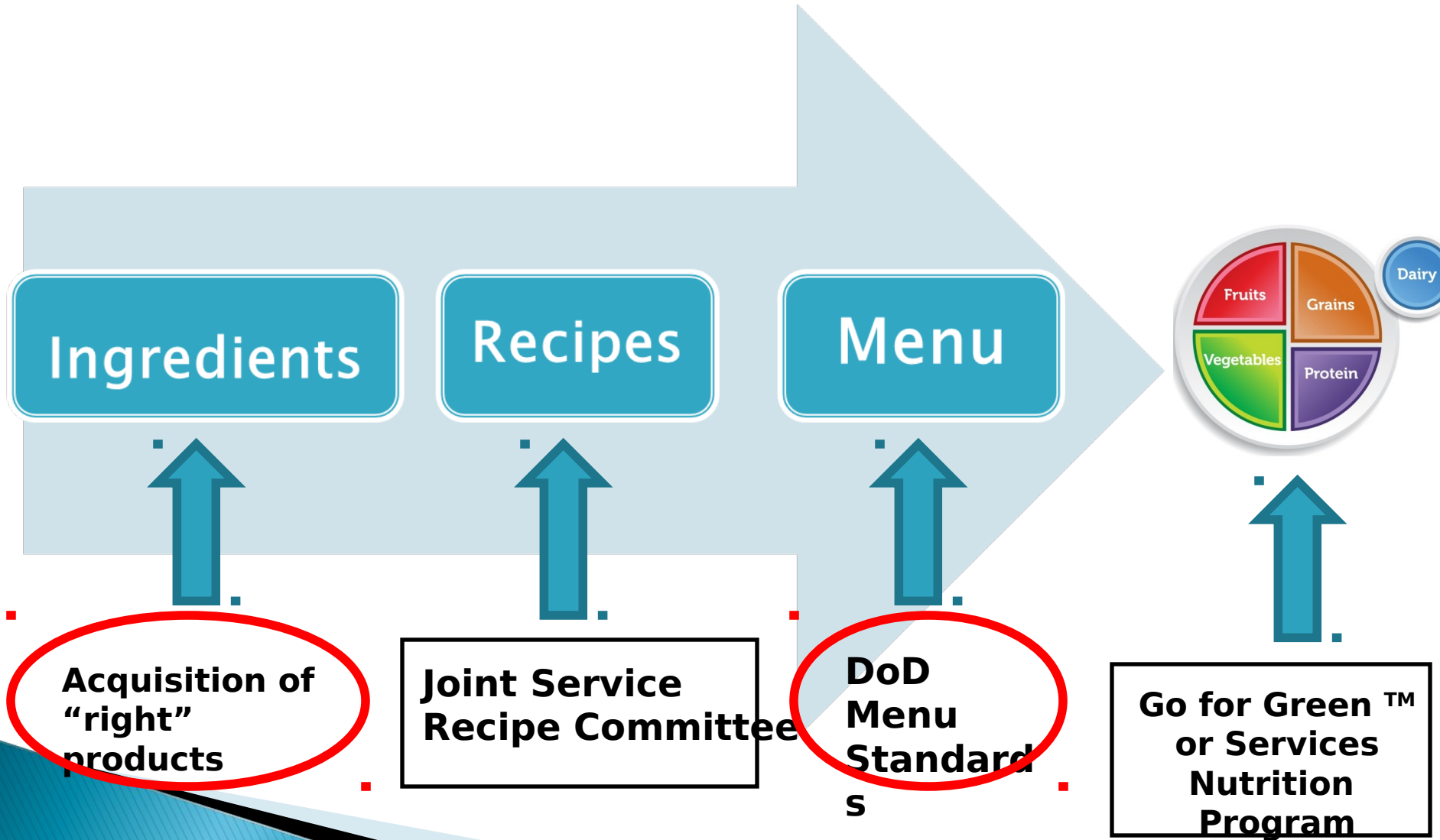


Go for Green™ or Services Nutrition Programs

- Dining Facility Nutrition Education
 - Go for Green™
 - Fueled to Fight
- Specific criteria established for each food category
- Provides a quick visual guide for Warfighters in selecting food items
- Food items labeled green, amber, or red
- Green – Eat Often
- Yellow – Eat Occasionally
- Red – Eat Rarely
- Effective teaching tool



Product Selection to the Plate



DoD Menu Standards

▶ **GAPS:**

- Clarity of standards to get to the right products
- No standards for ready-prepared foods (i.e. lasagna)

▶ **PLAN:**

- DOD Food and Nutrition Subcommittee to develop Nutrition Standards for Food Acquisition to augment the DoD Menu Standards

▶ **EXAMPLES:**

- Vegetables contain ≤ 230 mg sodium as served
- Breads and cereals contain ≤ 230 mg sodium per serving
- Breaded meat products contain ≤ 480 mg sodium per serving

Action Items for JSPB

- ▶ Collaborate with DoD Food and Nutrition Subcommittee to develop Nutrition Standards for Food Acquisition to augment the DoD Menu Standards

Questions ??

